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Sally Fairchild
Boston - 1897.
ONE HUNDRED

GYMNASTIC GAMES

PREPARED BY

TEN MEMBERS OF THE ALUMNI OF THE BOSTON
NORMAL SCHOOL OF GYMNASTICS

Festina Lente

BOSTON
GEO. H. ELLIS, PRINTER, 141 FRANKLIN STREET
1897

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Miss Sally Fairchild

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1897

Dedicated
TO THE MEMORY OF
MRS. MARY HEMENWAY

INTRODUCTION.

THE need of a compact, practical collection of games for gymnastic teachers has led to the preparation of this book. The aim has been to make it simple and direct, and to give a few suggestions that may be helpful in its use. It has seemed best to arrange the material under three heads rather than to plan an orderly progression, which would separate widely games of like character.

Games are valuable in physical education as a test of what the pupil has gained from his gymnastic training in alertness and self-control, and also as a means of training him yet further in these directions and in moral qualities as well. This physical, mental, and moral training must go hand in hand with joyous recreation, which is essential to any game played in the right spirit. The collection has been made with these thoughts in view; and, to insure its being practical, the greater number of games have been played or used in our school and gymnasium work.

These games, as a rule, have been invented by children, and nearly all have been handed from one generation to the next unchanged. Many of the ball games

have a long and eventful history ; and some others, such as Blind Man's Buff, I Spy, and Black and Red, have varied little since Pollux wrote of them in the second century. Seventeen hundred years ago Greek children played Ostrakinda with a shell, dark on one side, light on the other. The child to-day makes no change except to call it Black and Red, and to use a disc, with one side red, the other black.

Eton boys are notably leaders in whatever calling they pursue in after life ; and it is claimed that this quality, which makes them foremost in the world of action, is gained on the playgrounds of Eton. This thought makes the teacher pause to consider what part he shall take in games, and how the strong individuality of each pupil is to be developed, so that he may grow in mastery of himself and of his opportunities.

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BALL GAMES.

PRELIMINARY BALL.

Grade: Primary.

No. of Players: 10 to 60.

Purpose: Heave movement; Training for ball games.

Apparatus: Balls for half the number of players.

The players stand in two lines facing each other. The players of one line hold the balls. At a signal each throws his ball to the player opposite him in the other line. The following order is a good one:—

Throwing	3	times	with	right	hand	and	catching	with	both
"	"	"	"	left	"	"	"	"	"
"	"	"	"	right	"	"	"	"	right
"	"	"	"	left	"	"	"	"	left
"	"	"	"	right	"	"	"	"	"
"	"	"	"	left	"	"	"	"	right

If a suitable wall space is to be had, the players may next throw the balls against the wall and catch them, using the order of the table above. If the balls are elastic, they may also bounce them on the floor, and catch them in the same order.

UMBRELLA BALL.

Grade: Primary.

No. of Players: 10 to 60.

Purpose: Heave movement; Precision.

Apparatus: Four umbrellas or boxes; Bean bag or ball for each player.

The players place the bean bags on their heads, and march around the room, halting so as to form a

hollow square. Four umbrellas or boxes are placed on the top of the desks, so that each may be a goal for one-fourth the players, and be about six feet from each person. At a given signal the players throw their bags or balls into the nearest umbrella. The bags are then taken from the umbrellas, and the players throw again. When they can throw fairly well, they should be required to use each hand alternately.

STRING BALL.

Grade: Grammar, High.

No. of Players: 10 to 20.

Purpose: Heave movement; Alertness.

Apparatus: Ball attached to a rope; Object on which to hang the ball.

The ball is hung from a piece of gymnastic apparatus, or, if out of doors, from the limb of a tree. The players stand about it in a circle. One player starts the game by striking the ball with the hand; the others try to catch it before he can hit it again. If they do not catch the ball he scores one, and continues until the ball is caught, scoring one each time he strikes it.

BEAN BAGS WITH A BOARD.

Grade: Upper Primary, Grammar, High.

No. of Players: 10 to 60.

Purpose: Heave movement; Precision.

Apparatus: Boards for every ten or fifteen players;
Five bean bags for each board.

Have a board made about $2\frac{1}{2}$ by 2 feet, with a large hole cut near the upper left-hand corner, and a small one near the lower right-hand corner, and arranged to stand at an angle of 45° . Draw a line about 20 feet from the board, changing the distance to suit the age of the players. Sides are chosen, and the players throw alternately from each side. Appoint a referee. Each player in turn stands with his toe on the given line. He tosses five bean bags in succession, and tries to have each go through one of the holes in the board. If a bag goes through the small hole, it counts fifteen; through the large one, ten; and, if it lies on the board at the end of the player's turn, it counts five.

BEAN BAGS OVER THE HEAD.

Grade: Grammar, High.

No. of Players: 10 to 25.

Purpose: Heave movement; Alertness.

Apparatus: Bean bag.

One player is chosen to throw the bean bag. He stands in front of the other players with his back to them, takes the bean bag, and tosses it over his head with both hands. Each player tries to catch it. The one who is successful next throws the bag.

TEACHER AND CLASS.

Grade: All.

No. of Players: 10 to 60.

Purpose: Heave movement; Alertness.

Apparatus: Bean bags.

Appoint teachers according to the number of players, one for every seven pupils. The other players form a line as pupils. The teachers face them, standing from ten to twenty feet away. No. 1 teacher throws a bag to No. 1 pupil who must catch it, and immediately throw it back to the teacher, who then tosses it to No. 2 pupil, and so down the whole line. When No. 1 teacher has reached No. 3 or 4 pupil, No. 2 teacher begins throwing to No. 1 pupil; and so they follow in turn. When a teacher reaches the end of the class, he returns, and throws to No. 1 pupil. Whoever fails to catch a bean bag, whether teacher or pupil, goes to the foot of the class. If a teacher fails, his place is supplied by No. 1 pupil.

BEAN BAGS IN A CIRCLE.

Grade: All.

No. of Players: 8 to 25.

Purpose: Heave and alternate side movements; Alertness.

Apparatus: Bean bags.

The players form a circle, standing several feet apart. The bean bags are distributed at equal dis-

tances. Each player who holds a bag turns and tosses it to his next neighbor to the right, and instantly faces his neighbor to the left, ready to receive the next bag. All the bags should be in motion at once. If desired, a forfeit may be required of the one who fails to catch a bag, or he may drop out of the circle. Balls may be used in place of bean bags, and the game made more difficult by having them of various sizes.

BALL HUNT.

Grade: Grammar, High.

No. of Players: 6 to 60.

Purpose: Heave movement; Alertness; Self-control.

Apparatus: Two tennis balls.

If there are six players, those of each side form a triangle, the player at the apex of the triangle on one side standing with his back to the one at the apex of the opponents' triangle. Let the teacher be referee. At a signal given by the referee one of those at the base of each triangle throws the ball to the one at the apex, and he to the remaining player. It is then returned in reverse order to the one from whom it started. As soon as it is received by the leader, the players of that side clap hands. The side which has returned the ball first, scores a point. If the ball is dropped, it is picked up, and the throwing begins in turn from the one who dropped it. Any number of points may be agreed upon for a

game. When the players exceed six in number, they are arranged in two lines, the players of one side alternating with those of the other, so that No. 1 on B's side throws to No. 2 of the opposite line, and he returns the ball to No. 3 of B's line. No. 1 A throws to No. 2 in B's line. The balls thus constantly cross. A signal being given, No. 1 A and No. 1 B commence throwing the balls. When the balls have reached the end of the line, they are returned in reverse order; and the leader who first receives the ball, scores one for his side.

CIRCLE BALL.

Grade: Upper Primary, Grammar.

No. of Players: 10 to 30.

Purpose: Heave movement; Alertness.

Apparatus: Ball.

The players form a ring. One of them throws the ball at another player, who must catch it, and throw it at some other one in the ring. It should be thrown in quick succession and unexpectedly. Variations may be made by bouncing the ball, by clapping the hands before catching it, or the person who fails to catch it may sit down. The game may also be played with the players seated.

CENTRE BASE.

Grade : Upper Primary, Grammar, High.

No. of Players : 12 to 30.

Purpose : General exercise ; Alertness.

Apparatus : Bean bag.

The players form a ring, one player standing in the centre and holding the bean bag. He tosses it at some player, who must catch it, place it in the centre of the circle, and at once chase the one who threw it. The one who threw the bag runs out of the circle, and tries to return and touch the bag before he is tagged. If he is tagged, he is out of the game, and the other player throws the bag. If he is not tagged, he throws again.

CATCH BALL.

Grade : Upper Primary, Grammar.

No. of Players : 10 to 30.

Purpose : General exercise ; Alertness.

Apparatus : Rubber ball.

The ball is thrown into the air, and the name of a player called. If he catches the ball before its second bounce, he tosses it up, and calls the name of another player. If he does not catch the ball, he loses a point. When a player has lost four points, he is out of the game.

DAYS OF THE WEEK.

Grade: Upper Primary, Grammar.

No. of Players: 3 to 7.

Purpose: Heave movement; Alertness.

Apparatus: Wall of a room; Rubber ball.

Each player is given the name of a day of the week. One throws the ball against the wall, and calls the name of some day, as Monday. The player named Monday must catch the ball before it touches the floor. If he catches it, he throws the ball; if he does not, the first player continues.

DEAD BALL.

Grade: Upper Primary.

No. of Players: 15 to 60.

Purpose: Heave movement; Alertness.

Apparatus: One to three soft balls.

The players stand in the aisles between desks. The teacher tosses the balls into the air. Any one catches a ball, and tosses it at some player. He may either dodge the ball or catch it. If the player is struck, he is dead, and must sit down. If he catches the ball, he must try to strike some other player. The balls must be tossed, not thrown. The game is played until only one person is left standing.

BALL TAG.

Grade: Grammar, High.

No. of Players: 9 to 30.

Purpose: Heave movement; Observation; Exactness.

Apparatus: Tennis ball.

Arrange the players in two lines facing each other, and about forty feet apart. One side sends out a player, who stands in the middle, half-way between the lines, and facing his own side. One of the opposite side throws the ball, and strikes the one in the middle on the back. The one struck must guess who threw the ball. If he guesses correctly, one of the opposite side takes his place. If he does not, the opposite side continues throwing until he is successful.

GUESS BALL.

Grade: Grammar, High.

No. of Players: 10 to 25.

Purpose: Heave movement; Alertness; Self-control.

Apparatus: Soft ball.

The players form a line. One stands several feet in front of the others, with his back toward them. He counts aloud a given number. Meantime the ball is passed back and forth along the line. When the given number is called, the person who holds the ball throws it, and strikes the player in front on the back. If he is hit, he turns

quickly, and tries to guess by the attitudes who threw the ball. If correct, the two players change places; if not, the game is repeated, with the same player in front. If the player in line fails to hit the one in front with the ball, they change places.

DODGE BALL.

Grade: Grammar, High.

No. of Players: 20 to 60.

Purpose: Heave movement; Alertness.

Apparatus: Ball.

Half the players form a circle, the other half stand inside it. The ball is thrown by any person in the circle at any one within the ring. If the person is hit, he joins the circle. The player wins who is the last to stand within the circle.

BALL STAND.

Grade: Grammar, High.

No. of Players: 6 to 25.

Purpose: General exercise; Alertness; Self-control.

Apparatus: Walls of a room; Ball.

The players stand near the corner of the room. The one who is it takes the ball, bounces it against the wall, and calls the name of a player. The player called tries to catch the ball before it touches the floor, while the other players run as fast as they can. If the player called catches the

ball, the other players return, and he bounces the ball, calling a name, as at first. If he does not catch the ball, the others may run until he picks it up and calls, "Stand!" Then each one must stop where he is without turning. The one holding the ball throws it, trying to strike some one on the back. If he is successful, the one struck is it. If not, the players may run again until he picks up the ball and calls, "Stand!" The game may also be played in a circle, in which case the ball is tossed into the air and the name called. In all other respects it is like the game played in the corner.

HAT BALL.

Grade: Grammar, High.

No. of Players: 10 to 20.

Purpose: General exercise; Alertness; Skill.

Apparatus: Hat for each player; Ball for each player; Small stones.

The hats are placed in a row on the floor, while the players stand at some distance facing them. The one whose hat is at the end of the line to the right takes the ball and tosses it into any player's hat. The other players scatter, while the one into whose hat the ball falls runs for the ball, picks it up, and throws it, trying to strike one of them. If he succeeds, the player struck has a stone put into his hat. When a player has five stones in his hat, he is out of the game, or, if preferred, he may pay

a forfeit. The player who was struck, next throws the ball into a hat. If the previous player did not hit any one, the players stand in line while he tries again to throw the ball into a hat. If any player fails to throw the ball into a hat, the player next him in line makes the attempt.

STOOL BALL.

Grade : Grammar, High.

No. of Players : 10 to 25.

Purpose : General exercise ; Alertness.

Apparatus : Tennis ball ; Stools one less than the number of players.

Place the stools in a circle, several feet from each other. A player stands back of each stool, and the bowler in the centre of the circle. The bowler tosses the ball at one of the players. If the player can strike it back with his hand, all the players change places, and the bowler may hit with the ball any one who is between the stools. If a player is struck before he reaches a stool, he becomes bowler. Variation may be made by having the one struck go out of the game.

CORNER BALL.

Grade : Grammar, High.

No. of Players : 8 to 20.

Purpose : General exercise ; Alertness.

Apparatus : Chalk ; Ball.

Mark off a number of goals equal to half the number of players, arranging them in a square or circle several feet apart. Appoint a referee. Divide the players into two groups. One side stands in the goals, the other within the square. Those standing in the goals toss the ball from one player to the next until it has passed once around the square. It may then be tossed to a player in a goal or *thrown at* one of the players in the centre. Balls are thrown underhand to a friend, overhand at an enemy. If a person in the centre is hit, he is out. Every failure to catch a ball, to strike a player, or to throw the ball in the required way, is a foul. A player is out on making six fouls. When half the players on either side are out, the game is ended. The score is found by counting the difference between the number of players left in the goals and those inside the square. The difference is the score for the side having the greater number. The sides change places after each game.

HALEY OVER.

Grade: Grammar, High.

No. of Players: 10 to 30.

Purpose: General exercise; Alertness.

Apparatus: Ball; House, out of doors; Curtain, indoors.

Two parties are formed. One stands on either side of a house. A player throws the ball over the

house, and one of the opposite side must catch it. If he succeeds, he darts around the house, and tries to strike a player with the ball, or he may keep it in his hand, and tag with it. If he hits the player, he takes him back to his side: if he does not, both remain on the opponents' side. If no one catches the ball when it is thrown over the house, it is thrown back for the other side to catch. The uncertainty as to whether a ball is to be caught from over the roof or whether a player will appear to tag gives point to the game. The side wins which gains all the players. A referee for each side may be appointed if necessary. The game can be played in the gymnasium by stretching a curtain, and throwing the ball over it.

CIRCLE CATCH BALL.

Grade : Grammar, High.

No. of Players : 15 to 30.

Purpose : Heave and alternate side movements ; Alertness.

Apparatus : Ball.

Form a circle, the players standing from six to eight feet apart. Toss the ball from one to the other, either to the right or left, as may be decided. The first player who does not catch the ball steps into the circle, and throws it to some player. It is then passed from one to another, so as to be difficult to catch. The one in the centre tries to catch it.

If he is successful, the one who threw it last may take his place, or, if preferred, the one who failed to catch it.

PASS BALL.

Grade: Grammar, High.

No. of Players: 25 to 30.

Purpose: General exercise; Alertness.

Apparatus: Large ball.

The players form a ring, with the feet placed sufficiently far apart for the ball to roll between them, and each foot touching a neighbor's foot, so that the ball cannot readily pass between players. One stands in the centre of the circle, and tries to roll the ball between the feet of a player, who rolls it back with his hands. If it passes between his feet or if he moves his feet so that it cannot pass, he takes the place of the player in the centre.

CENTRE BALL.

Grade: High.

No. of Players: 10 to 20.

Purpose: General exercise; Alertness; Self-control.

Apparatus: Ball 10 to 12 inches in diameter; Stick 3 feet long for each player; Chalk, indoors; Spade, out of doors.

Form a circle out of doors by digging holes three inches in diameter, one less in number than the players, and from four to six feet apart. In the

centre dig a hole large enough to hold the ball. In-doors draw chalk lines to serve the same purpose. The ball is placed in the centre hole. The players hold their sticks with both hands, with the ends under the ball. One, two, three, is counted, and they raise the ball into the air. Then each runs to put the end of his stick into a hole. One player is unable to do this, and he has charge of the ball. His object is to roll the ball into the centre hole or to put his stick into the hole of a player who is not at his place. The other players try to keep the ball from the centre hole; the guardian protects the ball by placing his stick in front of it. Whenever a hole is unguarded, any one may take it, and whoever is left without a hole for his stick must guard the ball. When the ball is rolled into the centre hole, the game is ended. The point of a stick must never be raised above the waist line. Two faults in this put the player out of the game. The ball must only be rolled, defended, or attacked by the stick.

LAWN BOWLS.

Grade: Grammar, High.

No. of Players: 4 to 20.

Purpose: Heave movement; Skill.

Apparatus: Ball for each player.

A level place is selected out of doors, or the game may be played in the gymnasium. Sides are chosen. The leader of one side takes a ball called

the jack, which is colored so as to be readily distinguished from the other balls, and throws it to a considerable distance. The other players, standing at the same place from which the leader threw, throw their balls, trying to have them lie as near the jack as possible. The players throw alternately from each side. When all have thrown, the side which has a ball lying nearest the jack scores. The score will be one for each ball that lies nearer the jack than the best ball of the opposing side. The balls of the two sides should be of different colors. Very elaborate sets of balls are made for playing this game, and its rules may be complicated, but they do not add to its gymnastic qualities.

BALL AND BASES.

Grade: Grammar.

No. of Players: 6 to 20.

Purpose: General exercise; Skill; Speed.

Apparatus: Large ball.

Mark a place for home plate and three bases to complete the diamond, as in base ball. Choose sides, which may be called Reds and Blues. Appoint an umpire and a scorer. The first Red player stands at the home plate, the first Blue not less than five paces from him. The Red player strikes the ball with his hand as far as possible in any direction, and runs to the first base, to the second, the third, and the home plate, if he can, before the Blue

has returned the ball to the home plate. He scores as many points as he has run bases before the ball is returned. If the Blue catches the ball, the Red is out. If the runner reaches the third base before the ball is returned to the home plate, he may remain over and try for the home plate when the next one of his side strikes the ball. When all the Reds have played, the Blues have their innings. A game consists of two innings.

FIVES.

Grade : Grammar, High.

No. of Players : 2 or 4.

Purpose : General exercise ; Alertness ; Skill ; Co-operation.

Apparatus : Wall with level space at base ; Small ball ; Chalk.

On a wall free from obstacles draw a line three feet and a half above the ground. On the ground or floor draw a line parallel to the wall and ten feet distant. Draw lines to mark the outer edge of the court on the wall and on the ground. One player throws the ball against the wall above the chalk line. When it has bounced back and rebounded from the ground, or before it touches the ground, a player of the opposite side strikes it against the wall with the palm of his hand. One of his opponents must strike it next. The ball is thus struck alternately by one of each side until a failure

is made. A failure consists in missing the ball, striking it against the wall below the chalk line, letting the ball touch the ground outside the court, or not striking it until after its second bounce. When any such failure is made, it scores one for the opposite side. The game is won by the side which first scores a certain number, as 11 or 21. This is the simple game. Players who become expert will find the game as played at Rugby or Eton more interesting.

PREPARATION FOR VOLLEY BALL.

Grade: High.

No. of Players: 10 to 20.

Purpose: General exercise; Alertness; Co-operation; Skill.

Apparatus: Volley ball.

Mark off a court 40 by 40 feet. Draw a line through the centre, dividing the space into two equal courts A and B. Call the players in A and B Nos. 1, 2, 3, etc. Let No. 1 A serve first. He takes the ball, bounces it, and then bats it over to Court B, using either or both hands. The ball is allowed to bounce once, and then must be returned, or it may be returned before it bounces, except immediately after a serve. A wins a point if B fails to return it before it bounces twice or if he returns it outside A's court. When the ball is not properly returned by either side, No. 1 B serves, then

No. 2 A, and so alternately on each side. The score is kept by the scorer, and is called before each play begins. A's score is always called first. Any number of players on a side may bat the ball to return it, so long as they do not let it touch the floor twice while it is in their court. The game may be modified by forbidding the use of more than one hand or of either the left or the right. Bouncing the ball, except after the service, may also be forbidden.

VOLLEY BALL.

Grade: High.

No. of Players: 2 to 12.

Purpose: General exercise; Alertness; Dexterity; Co-operation.

Apparatus: Net 2 feet wide, of length to suit court; Volley ball; Court 50 by 50 feet, size varying with number of players.

Mark off a court 17 by 40 feet for two players, larger for a greater number, about 10 square feet for each player. Stretch the net so that it divides the court in half lengthwise, with its top line 6 feet 6 inches above the floor. If it is stretched between poles, they must be at least one foot outside the lines. Mark a line, called a "dribbling" line, in each court 4 feet from the net and parallel to it.

Appoint a referee, two judges, and a scorer. The referee shall see that all rules regarding the net and the dribbling line are complied with. A

judge shall stand at each end of the court, to give decisions on the boundaries.

A game consists of nine innings. An inning is finished when each person has served in turn.

The game consists in keeping a ball in motion over the net from one side to the other without allowing it to go outside the court or to touch the floor. The hand is used to strike the ball.

A member of one side starts the game by serving the ball over the net into the other court; the opponents return it before it strikes the floor. This continues until one side fails to return it or it touches the floor.

The server stands with one foot on the back line of the court, and bats with the hand. Two trials are allowed to send it into the opponents' court. If a ball in service threatens to strike the net, another player of the same side may strike it into the opponents' court; but, if it goes outside or strikes the net, the server may not have a second trial. Dribbling is not allowed during service. To dribble the ball is to carry it, keeping it bouncing all the time. When "dribbling" the ball, no player may cross the dribbling line. If a service strikes a player, the server is out, unless the ball bounces into the opponents' court. A person continues serving until he makes two faults in succession during service or until his side does not return the ball.

A ball which hits the net, if not a service ball,

is called a "net" ball, and counts as a failure to return. If the ball hits the net during service, it is "dead," and counts as a trial serve.

If any one touches the net while playing, it puts the ball out of play, and counts for the opposite side. If any player catches or holds the ball for an instant, it counts for the opposite side.

If the ball strikes any object except the floor and bounces back into the court, it is still in play.

Each good service unreturned or ball in play unreturned by the side receiving counts one for the side serving. A side only scores when serving. A failure to return the ball by the serving side puts the server out.

BASKET BALL.

Grade: High.

No. of Players: 10 to 18.

Purpose: General exercise; Alertness; Co-operation; Self-control.

Apparatus: Basket ball; Two basket-ball baskets.

The field may be any level space with no obstructions. If there are nine players, the court should be marked off 60 by 45 feet, with its boundary lines 3 feet from any obstacle, unless the walls of the room are used as boundaries. The baskets are placed directly over the boundary lines, one at either end of the court, and 10 feet above the floor.

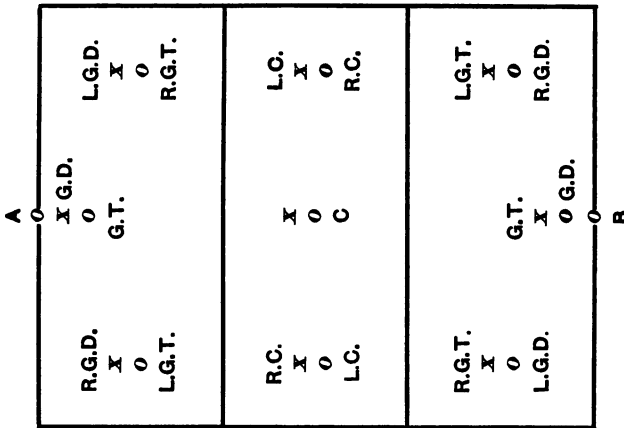
For a match game the officials shall be:—

A referee who decides all questions respecting the ball.

Two umpires, one for each end of the court, to decide all points respecting men and lines.

One person as time-keeper and scorer, who shall call time at the end of each half of the game, and shall also keep the score. The score should be kept where it can be seen by the players and spectators.

Two captains, each appointed by his own side, who must be players in the match. They toss for choice of basket, and call attention to violations of the rules.



G. T. = Goal thrower.

C. = Centre.

G. D. = Goal defender.

X = A's men.

O = B's men.

The players should be stationed nearly as in the diagram. Each player is forbidden to pass from

the division in which he is stationed into either of the other two divisions. The object of the game is to put the ball into the opponents' basket.

The game is started by the referee tossing the ball up in the centre of the field at the beginning of each half, after each goal, or whenever the ball has been out of play.

To put the ball in play at the centre, it must first be touched by one of the centre men after it has been tossed up by the referee.

The ball may be caught and thrown or batted in any direction by one or both hands.

Two hands on a ball are necessary to secure it. If a player rolls a ball, he does not hold it with both hands; and it may be struck from him. In no other case may a player remove the ball in any way from the hands of an opposing player.

A player may intercept the ball when it is thrown from or to an opposing player; but he must not run with the ball, nor hold it more than five seconds.

The ball may not be kicked, nor struck with the closed fist.

Tackling, holding, pushing, or interfering with the person of an opposing player, is not allowed; nor shall the arms be used in any way to interfere with the progress of a player.

When two persons hold the ball, and there is doubt as to whom it belongs, the referee tosses the ball up where it was held, if inside the court, or

just within the boundary lines, if the players held the ball outside.

A goal is made only by a goal thrower, and counts one.

The following are fouls:—

Kicking the ball; striking it so as to remove it from the hands of an opponent; running with the ball; "~~jiggling~~" it, *i.e.*, tossing it into the air and catching it again to prevent holding; bouncing the ball more than three times in succession; passing it from one player to another, so that an opponent cannot get it without making a foul; crossing boundary lines with both feet; all roughness and any interference with an opposing player. *Juggling.*

When a foul is claimed, and the referee or an umpire sustains it, a goal thrower from the side not making the foul has a free throw for goal, and stands 15 feet from the goal to which he is throwing. No player shall stand nearer than 6 feet to the goal thrower, nor in a lane 6 feet wide from the thrower to the goal, nor interfere with the ball until it has reached the goal.

A ball is out of bounds only when it has completely crossed the line.

The game consists of two halves of ten minutes each, with a rest of five minutes between.

RUNNING GAMES.

BLIND MAN'S BUFF.

Grade: Upper Primary, Grammar, High.

No. of Players: 10 to 30.

Purpose: General exercise; Keeness of perception.

Apparatus: Handkerchief.

One player is blindfolded, and turned about three times in the centre of the room. He then tries to catch one of the players. When he has succeeded, he must guess whom he has caught. If he is correct, the player caught is blindfolded: if he is not correct, he must catch another player. Instead of blindfolding the one who is it, he may have his hands tied behind him, and catch a player in this way.

STILL POND.

Grade: Upper Primary, Grammar, High.

No. of Players: 10 to 60.

Purpose: Alertness; Self-control.

Apparatus: Handkerchief.

One person is blindfolded; the other players move about the room until he counts seven aloud, and calls, "Still pond, no more moving!" After he has said this, each one may take only seven steps. He tries to catch one of the players. If he is successful and guesses who it is, the one caught is blindfolded.

THE BELLED CAT.

Grade: Grammar, High.

No. of Players: 12 to 30.

Purpose: General exercise; Alertness.

Apparatus: Bell.

Hang a bell around the neck of one player, calling him the cat, blindfold two, and let the others form a ring, inside which the two blindfolded may chase the cat. When the cat is caught, the successful player becomes cat, wears the bell, and chooses one from the ring to be blindfolded.

JACOB AND RACHEL.

Grade: Upper Primary, Grammar, High.

No. of Players: 12 to 30.

Purpose: General exercise; Alertness.

Apparatus: Handkerchief.

One player is chosen to be Jacob, another to be Rachel; the others form a ring. Jacob is blindfolded, and chases Rachel about inside the ring, trying to catch her. He calls, "Where art thou, Rachel?" She must reply, "Here am I, Jacob." Two Jacobs and two Rachels may be in the ring at the same time if the number of players is large. Each Jacob must catch his own Rachel. When Rachel is caught she is blindfolded, and chooses a new Jacob from the ring.

FRENCH BLIND MAN'S BUFF.

Grade : Upper Primary, Grammar.

No. of Players : 10 to 30.

Purpose : Run ; Alertness.

Apparatus : Handkerchief.

One player is blindfolded, the others form a ring about him. All in the ring are numbered. The one in the centre calls two numbers. The players having these numbers change places at once, while the centre player tries to catch one. If he succeeds, the one caught takes his place.

MAIL-MAN.

Grade : Grammar, High.

No. of Players : 10 to 30.

Purpose : Run ; Alertness.

The players form a ring. Each one takes the name of a post-office. One of the players, the mail-man, stands in the centre of the circle, and calls the names of two post-offices. The players having these names change places at once. The mail-man tries to reach one of the vacant places before the player who is running towards it. Whichever one fails is the next mail-man. Forfeits may be required of the players who do not run at once on hearing their names.

TAG.

Grade : All.

No. of Players : 6 to 60.

Purpose : Run ; Alertness.

One player is chosen to be it. He runs and tags some other player, who then takes his place as runner. The game may also be played without telling who is it. All may pretend to tag; but any one who is not it must whisper when he touches a player, "I am not it," while the one who is it must say, "I am it." The game is a very lively one.

STOOP TAG.

Grade : Primary, Grammar.

No. of Players : 10 to 60.

Purpose : General exercise ; Alertness.

One person is chosen to be it. He pursues the other players, who cannot be tagged while stooping. The game may be varied by allowing each player to stoop only a certain number of times while the same person is it or by requiring some special gymnastic position to be taken.

CROSS TAG.

Grade : All.

No. of Players : 10 to 60.

Purpose : Run ; Alertness ; Co-operation.

One person is chosen to be it, and pursues the other players. If any one runs between the one

who is it and the one pursued, the one pursued may not be tagged, and the one who crossed between must be chased by the pursuer. He in turn will be safe if some other player crosses between him and the pursuer. If the number is large, more than one person may be it. One to thirty is a good average.

IRON TAG.

Grade: All.

No. of Players: 10 to 60.

Purpose: Run; Alertness.

Apparatus: Objects made of iron.

A leader is chosen, who tries to tag the other players. They cannot be tagged while touching iron with the hand. The first player tagged is out of the game, the second tagged is it. The game continues until all are out. Variations may be made by requiring the players to touch iron either with the elbow, with four fingers at once, or with the foot. If the number of players is small, the first one tagged may be it, and no one dropped from the game.

TOMMY TIDDLER'S GROUND.

Grade: Primary.

No. of Players: 10 to 30.

Purpose: Run; Alertness.

Apparatus: Chalk.

A line is drawn dividing the floor into two parts. One player, Tommy Tiddler, stands on one side the

line, the other players on the other side. The latter venture across the line saying, "I am on Tommy Tiddler's ground, picking up gold and silver." While they are on Tommy Tiddler's side, they may be tagged by him. Whoever is tagged changes places with Tommy Tiddler.

FOX AND CHICKENS.

Grade : Primary.

No. of Players : 5 to 30.

Purpose : Run ; Alertness.

Apparatus : Chalk.

One is chosen to be fox, and has a den marked off. The other players run before the den near enough for the fox to touch them. The fox tries to tag one while they pass. If he is successful, the one caught becomes fox.

STONE.

Grade : Grammar.

No. of Players : 10 to 30.

Purpose : General exercise ; Alertness.

Apparatus : Chalk.

Mark off two goals, one at each end of the room, and draw a large circle half-way between them. One of the players who is it sits on the floor in the centre of the circle, the other players dance around on the chalk ring until the one in the centre jumps

up. The players then run to either goal, and the one who is it tries to tag as many as possible before they reach the goals. All who are tagged return with him, and sit near the centre of the circle. The players again dance around until those within the ring jump up. All tag as many as possible. The game continues until no one is left on the ring. The players within the circle may lie at full length if it is wished to make the game more difficult.

LAME FOX AND CHICKENS.

Grade: Upper Primary, Grammar.

No. of Players: 6 to 30.

Purpose: General exercise; Alertness.

Apparatus: Chalk.

Mark off a den for the fox at one end of the room, and a house for the chickens at the other end. One player is chosen to be fox, and stands in his den; the other players, the chickens, stand in their house. At a given signal all the chickens run out; and the fox, hopping on one foot, tries to catch as many as possible. All who are tagged become foxes. When a signal is given, the foxes must return to their den and the chickens to their house. All the foxes now hop out to chase the chickens when the signal is given. If a fox while outside his den touches both feet to the floor at the same time, the chickens drive him home with their handkerchiefs. He may change from one foot to the

other, but he must not touch both feet to the floor. The fox may return to his den and the chickens to their house at any time for a rest. The object of the game is to have the foxes catch all the chickens.

LAST COUPLE OUT.

Grade : Upper Primary, Grammar, High.

No. of Players : 11 to 60.

Purpose : Run; Alertness; Co-operation.

The players stand in couples behind each other. In front of this double line stands the one who is it. He calls, "Last couple out!" and must not look behind. The last two run, one on each side of the other players, and try to join hands in front of the lines. As soon as the one who is it sees them, he gives chase. If he tags one, he and the one tagged form a couple, and stand in front of the others; and the one not tagged is it. If he does not tag either before they join hands, he is still it, and the couple just chased stand immediately behind him. When there are a large number of players, two sets may be formed facing each other. The two who are it call at the same time. The couple on each side must join hands at the rear of the opposite line. Each one who is it chases the couple of his own side.

BIRDS.

Grade: Primary, Grammar.

No. of Players: 10 to 25.

Purpose: Run; Alertness; Speed.

One player is chosen to be mother, another to be bird-catcher. The mother gives the players the names of birds, and then stands some distance from them. The catcher does not know the names of the birds, and calls different ones until he uses the name of some player, who immediately flies to the mother. If the bird-catcher can tag him before he reaches the mother, he belongs to the catcher; if he reaches the mother safely, he is hers. This is continued until all are flown. The game is won by either mother or catcher who has the greater number of birds.

HILL DILL.

Grade: All.

No. of Players: 10 to 60.

Purpose: Run; Alertness.

Apparatus: Chalk.

Draw two parallel lines near the centre of the room, from 10 to 15 feet apart. Between them stands the one who is it. He calls,

“Hill Dill,
Come over the hill!”

and the players run across the space between the lines. They may be caught while crossing. All that are tagged join the one who is it, and help him.

BEARS AND CATTLE.

Grade: All.

No. of Players: 11 to 60.

Purpose: Run; Alertness; Speed; Co-operation.

Apparatus: Chalk.

Mark off three goals, one in each corner of the room on one side, and one in the middle of the opposite side. One player is the bear, and stands in the goal on the side having but one, the other players, as cattle, stand in two groups, one in each corner goal. At a given signal the cattle change goals, and the bear tries to tag as many as possible while they are changing. The bear and all those tagged join hands, and return to the bear's goal. This chain must chase the cattle when the signal is given. The bears at each end of the chain are the only ones who may tag: they are the first bear and the first person whom he tagged. If the line is broken, the cattle come out, and drive the bears back to their den with handkerchiefs. The last one of the cattle to be caught is bear in the next game.

CATCH OF FISH.

Grade : Grammar, High.

No. of Players : 16 to 60.

Purpose : Run ; Alertness.

Apparatus : Chalk.

Mark off a goal at each end of the room, and a prison called the net in some corner. Divide the players into two groups, one for each goal. The players in one goal join hands and are the net, those in the other are fish. A signal is given, and all the players must change goals. The net runs out, and tries to surround as many fish as possible. The fish can only escape through the opening in the net, and, when the two ends close together, all that are within are caught, and are placed in the prison, called also the net. The fish then join hands, and are the net. The game is continued alternately, till all of one side are caught.

GROCERY STORE.

Grade : Upper Primary, Grammar.

No. of Players : 10 to 60.

Purpose : Run ; Alertness ; Self-control.

Apparatus : Chalk.

Mark off a goal at each end of the room. Half the players stand in one goal; the others choose some object sold in a grocery store, then walk up and stand in line in front of their opponents' goal, and tell the initial letter of their word. The players

inside the goal commence guessing the word. As soon as they mention the right one, the others run for their goal, while the ones from within give chase, and tag as many as possible before they are safely over the line. All tagged join the opponents' side. The game is won by the side gaining the greatest number of players. Instead of objects in a grocery store, geographical names may be used, or names of trades.

BLACK AND RED.

Grade : Upper Primary, Grammar, High.

No. of Players : 11 to 31.

Purpose : Run ; Alertness ; Self-control.

Apparatus : Disc 10 inches in diameter, red on one side and black on the other ; Chalk ; Handkerchiefs for half the number of players.

Mark off a semicircular space at one end of the room for a goal. Divide the players into two companies, one the Reds, the other the Blacks. Reserve one player for herald. The Blacks and Reds form two lines, back to back, about six feet apart, and equally distant from the goal. The herald stands between the lines, and spins the disc. If the red side falls up, he calls, "Red!" when the Reds turn and pursue the Blacks, trying to touch them before they reach the goal, and so put them out of the game. If the black side is up, the Blacks are the pursuers. The company that puts out all its opponents wins the game.

LONDON-LOO.

Grade : Upper Primary, Grammar, High.

No. of Players : 10 to 30.

Purpose : Run ; Alertness ; Co-operation.

Apparatus : Object for goal.

The players run and touch the wall at the end of the room or some other object chosen as goal. The last one to touch is it. He stands at the goal. The other players stand at the opposite end of the room. The one who is it calls, "London!" the others reply, "Loo!" and try to touch the goal before they are tagged. The one who is it may tag as many as he can. All who are tagged join hands, and, standing at one end of the room, call, "London!" Again the reply "Loo!" is made, and the tagging begins. Only the players at each end of the chain may tag. If the chain is broken at any point, the one through whose fault it was broken is it, and the rest of the chain join the other players. The last person caught starts the new game.

CHECK.

Grade : Grammar, High.

No. of Players : 10 to 60.

Purpose : Run ; Alertness.

Apparatus : Chalk.

Draw a line across the middle of the floor. Mark off a space on each side for a prison. The players

are divided into two groups. Each group stands about ten feet from the central line. The players cross over the line into the opponents' court, and try to tag some one, calling out "Check!" when they succeed. They must tag with the palm of the hand. When a player has tagged an opponent, he hastens back to his own side, lest he in turn should be tagged. If he is caught, he loses his prisoner. If he returns safely, he takes his captive to prison. The game is won by the side which imprisons all its opponents.

DARE BASE.

Grade: Grammar, High.

No. of Players: 10 to 60.

Purpose: Run; Alertness.

Apparatus: Chalk.

Mark off a goal at each end of the room, and midway between mark a long base called the dare base. Place a catcher at each end of the dare base. The other players stand in the two goals. They constantly cross from one goal to the other, and may be tagged while between goals, but are safe while on the dare base. They cannot return from the dare base to the goal from which they started, but must continue to the opposite goal. All who are caught are out of the game. The last person caught wins, becomes catcher, and chooses his assistant.

PRISONER'S BASE.

Grade: Grammar, High.

No. of Players: 10 to 30.

Purpose: Run; Alertness; Co-operation.

Apparatus: Chalk.

Draw a line across the floor near the end of the room, and divide the space enclosed in half. Each half is a base. No. 1 base and No. 2 base each has a prison marked off in the corner diagonally opposite itself. The players choose sides. Each side stands in its base. One player runs out, calling, "Chevy! Chevy! Chevy!" He is pursued by one of the opposite side. A player may only catch an opponent who ran out before he did, and may only be caught by one who has come out later than himself. All tagged are prisoners. Prisoners are released on being touched by one of their own side. To help free themselves, they may form a chain and reach toward their friends, so long as the last one has his foot inside the prison. If the chain is broken, all may be put in prison again. A player may only release one prisoner at a time. The game is won by the side that imprisons all its opponents.

PRISON GOAL.

Grade: Grammar, High.

No. of Players: 10 to 30.

Purpose: Run; Alertness.

Apparatus: Two objects as goals; Chalk.

Place a jumping standard or larger object as goal

at each end of the room, some distance from the wall. Mark off a prison on one side equally distant from the goals. Appoint two captains who choose sides. The captain appoints some as runners, some as goal guarders. The object of the game is to circle around the opponents' goal, and return to the home goal without being tagged by a guarder of the opposite side. Each successful run scores one. A player may be tagged at any time when he is not touching his own goal. Each person tagged must go to prison, and remain there until freed by being tagged by a runner of his own side. The player freed and the one who touched him cannot be tagged while returning from the prison. Each prisoner after being freed must touch his own goal before he may play again. The side having the larger score wins.

STEALING STICKS.

Grade: Grammar, High.

No. of Players: 10 to 30.

Purpose: General exercise; Alertness; Speed; Cooperation.

Apparatus: Twelve sticks; Chalk; Handkerchiefs for half the players.

Draw a line across the middle of the floor, and mark off a goal at each end of the room. Place six sticks in each goal. Appoint two captains, and let them choose sides. Arrange the sides facing each

other and near the centre line; no one may stand near the goals. The captains may appoint some as runners, others as defenders of the goal, if he thinks best. The object of the game is to win all the sticks from the opposing side. The players try to reach the goal of the opposite side without being caught and held. They may be caught as soon as both feet have crossed the line into the opposing court. Each one who reaches the opposite goal safely may carry one stick to the goal of his own side, and he may not be caught while returning with a stick. If he is caught before reaching the opponents' goal, he is a prisoner, and must stand inside the opponents' goal until touched by one of his own side. To aid in his release, he may hold out his hand as far as possible, provided his feet are within the goal. When touched by one of his friends, they both return to their side, and may not be caught while returning. No stick may be taken by a side while any of its members are prisoners. The game is won by the side which gains all the sticks.

STEEPLE CHASE.

Grade : Grammar, High.

No. of Players : 10 to 30.

Purpose : Run; Alertness.

Apparatus : Jumping standard; Handkerchief; Chalk.

A goal is marked off at each end of the room, and the standard is placed between them, rather nearer

one goal than the other. The handkerchief is hung on the top of the standard. Half the players stand in one goal, half in the other. One in each goal stands with his toe on the line of the goal; and at the word "Start!" called by the umpire, the player from the goal nearer the standard runs, takes the handkerchief, and tries to return to his goal before the one running from the opposite side can touch him. If he is successful, both players stay in the nearer goal; if not, both go to the farther one. The game is won by the side that brings all the players into its goal. The right distance for the standard from the nearer goal will depend on the skill of the players, and must be changed to suit different classes.

FOX AND GEESE.

Grade : Grammar, High.

No. of Players : 10 to 30.

Purpose : General exercise ; Co-operation ; Alertness.

One player is chosen to be fox. All the others are the geese, and form a file with the chief goose at the head, and each one with both hands on the shoulders of the player in front. This chain must be kept unbroken. The fox tries to tag the last goose in the line. To prevent this, the chief goose tries always to be in front of the fox, so that he may not pass. The line will move like an S in trying to protect its last member. If he is tagged,

he becomes fox, and the fox chief goose. If the line is long, the last ten geese may be tagged, and all who are touched sit down.

DROP THE HANDKERCHIEF.

Grade : All.

No. of Players : 10 to 30.

Purpose : Run ; Alertness.

Apparatus : Handkerchief.

The players form a ring. One, as A, is chosen to be it. A runs around the outside of the ring, and drops the handkerchief behind some player B. When B discovers the handkerchief, he picks it up and follows A around the circle, trying to tag him before he reaches the vacant place. If he touches A, he returns to his place, and A runs again. If he does not, A takes B's place, and B is runner. If B does not discover the handkerchief until A has passed around the ring, picked up the handkerchief, and touched B, B must go into the centre of the ring, and play no more, and A continues running. If the number of players is small, B may pay a forfeit instead of going out of the game.

HERR SLAP JACK.

Grade : All.

No. of Players : 10 to 30.

Purpose : Run ; Alertness ; Self-control.

The players form a ring. One who is chosen to be it runs around the outside, and touches some player on the back. The one touched immediately runs in the opposite direction. When the two meet, they make a deep bow, then, passing to the right, each tries to be first in the vacant place. The one who fails is it. This game may be played between desks by forming a hollow square, and allowing the one touched to vault over the nearest chair into the outside aisle where the running is done. The game may be varied by requiring each player, when touched, to hop once before starting his run.

HAVE YOU SEEN MY SHEEP?

Grade : Primary, Grammar.

No. of Players : 10 to 30.

Purpose : Run ; Alertness.

A ring is formed. One player walks around the outside, touches some one on the back, and says, "Have you seen my sheep?" The one touched replies, "How was he dressed?" The one who is it then describes the dress of some player, who, when he recognizes himself, must run and try to pass

around the circle, and reach his own place before the one who is it can tag him. If he is tagged, he is it.

CAT AND RAT.

Grade: Primary, Grammar.

No. of Players: 10 to 60.

Purpose: General exercise; Alertness; Co-operation.

Choose one player for cat and one for rat. The others form a ring with clasped hands. The cat tries to catch the rat, who at first is in the centre of the circle. The players favor the rat, who runs in and out of the circle under their clasped hands, but try to prevent the cat from entering by stooping until their hands touch the floor. When the rat is caught, the cat joins the circle, while the rat becomes cat, and chooses a new rat from the players. It is better, sometimes, to choose both a new cat and a new rat each time the rat is caught. When there are a large number of players, three cats may be chosen to chase three rats. In this case the cats are distinguished by handkerchiefs tied on the arms.

GARDEN SCAMP.

Grade: Grammar.

No. of Players: 12 to 30.

Purpose: Run; Alertness; Accuracy.

The players form a ring. One player is chosen to be gardener, another to be scamp. Both stand

inside the ring. The gardener asks, "What are you doing in my patch?" "Eating berries," answers the scamp. "Who let you in?" says the gardener. "No one," replies the scamp. He then runs, and the gardener must follow him in the same path. The players in the ring hold up their arms to help both in running. If the gardener catches the scamp, he becomes gardener, and chooses one from the ring to be scamp. If the gardener fails to follow the scamp exactly, the scamp joins the ring, and the gardener chooses a new scamp. If wished, the gardener may be required not only to follow the path of the scamp, but also his motions.

THREE DEEP.

Grade: Grammar, High.

No. of Players: 20 to 60.

Purpose: Run; Alertness; Self-control.

One is chosen to be it, another to run. The other players arrange themselves in two circles, one within the other, the players some distance apart, and each one in the outer circle immediately behind one in the inner circle. The player who has no place runs, and is pursued by the one who is it. He may place himself in front of any two players, thus making a file of three. He then is safe; but the outer one of the three may be tagged, and to save himself must run to place himself in front of another group. If a player is tagged, he

is it; and the one who tagged him takes the runner's place. The game may be varied by having the two circles face each other, and leave a space between for running. The runner then places himself between two players, and the one toward whom he turns his back may be tagged.

WHEEL FOX AND GEESE.

Grade: Grammar, High.

No. of Players: 3 to 15.

Purpose: Run; Alertness; Self-control.

Apparatus: Wheel 18 feet in diameter drawn on the floor or in the snow.

Draw the wheel, and choose one player to be fox. He chases the geese, the other players, and tries to tag one. The running is all done on the lines of the wheel. The hub is the goal, and no one may be tagged while on it. When a goose is caught, he becomes fox. The game may be varied by having all the geese who are tagged remain foxes. In this case the game lasts until there are no geese.

VIS-À-VIS.

Grade: Grammar, High.

No. of Players: 20 to 60.

Purpose: March; Alertness.

One player is chosen to be it. The others stand in couples about the room. Whenever the one who

is it calls, "Face to face!" the two in each couple must face each other. When he calls, "Back to back!" they must turn back to back. When he calls, "Vis-à-vis!" they must change partners. The one who is it tries to secure a partner, and the player left alone is now it.

NINEPINS.

Grade: Grammar.

No. of Players: 20 to 60.

Purpose: March; Alertness.

Apparatus: Music.

The players walk in couples a few feet apart and so as to form a double circle. One player stands in the centre. Those in the circles march to music, which suddenly stops. Instantly each player next the centre leaves his partner, and passes to the place of the player next in front. If the one in the centre can secure one of these places, the player left without a partner stands in the centre.

GOING TO JERUSALEM.

Grade: Upper Primary, Grammar, High.

No. of Players: 10 to 60.

Purpose: March; Alertness; Self-control.

Apparatus: Chairs one less than the number of players; Music.

The chairs are arranged in line facing alternately in opposite directions,—for instance, one to the

east, two to the west, three to the east. A march is played, and the players walk around the chairs in line. The music suddenly stops, and all try to find seats. The one who fails is out of the game, and takes away a chair. The game is continued until only one player is left. It may be played in the school-room by marking several desks at which no one may sit and so putting out several players at once. If there is no piano in the room, the pupils may sing, and the teacher clap his hands for them to be seated.

PUSSY WANTS A CORNER.

Grade : All.

No. of Players : 8 to 20.

Purpose : Run ; Alertness.

Apparatus : Goals one less than the number of players.

One player is chosen to be pussy: all the others take some objects as goals. The pussy walks from one to another, saying, "Poor pussy wants a corner." The reply is made, "Go to my next neighbor." The other players constantly change places. The pussy may try to secure any goal when it is vacant. If he succeeds, the person without a goal is pussy.

SPIN THE PLATTER.

Grade : Grammar, High.

No. of Players : 10 to 30.

Purpose : General exercise ; Alertness.

Apparatus : Platter.

The players form a circle. One stands in the centre, and spins a platter on the floor. The moment he takes his hand from the platter he must call the name of a player, who runs and tries to catch it before it lies on the floor. If he does not catch it, he spins the platter: if he does, the first spinner continues. To make the game more difficult, the players may be required to sit or kneel on the floor.

JUMP THE SHOT.

Grade : Grammar, High.

No. of Players : 10 to 30.

Purpose : Jump ; Alertness.

Apparatus : Bag filled with sand, with rope attached.

The players form a circle. One is chosen to swing the shot, and sits in the centre of the ring. He holds the rope, and swings the bag in a circle, making it slide upon the floor. Each player must jump over it as it reaches him. Those who do not jump quickly and well are hit by the bag, and must step out of the ring.

SCULPTOR.

Grade : Upper Primary, Grammar, High.

No. of Players : 10 to 60.

Purpose : General Exercise ; Alertness ; Self-control ; Balance.

One is chosen to be it. He may have several assistants to help place his figures. He gives each player or group of players the name of some well-known statue or group of statuary, and shows how the position is to be taken. The players form a ring, and dance around. The sculptor calls, "The sculptor is at home!" and counts to twenty. Each one must fall into the position given him before "twenty" is called. Whoever fails must pay a forfeit. When the sculptor cries, "The sculptor is not at home!" all dance again in a circle. The game may be made more difficult by requiring each player to have some spot as a pedestal, on which he must take his position. For very young children any gymnastic position may be taken, or they may imitate statues of animals which the sculptor is supposed to have made. For those slightly older the balance positions are good. When the number of players is large, whole groups may take the same position.

THREAD THE NEEDLE.

Grade: Primary.

No. of Players: 10 to 30.

Purpose: March.

The players form a line, holding hands. The last one of the line goes up to the leader, and says, "How many miles to Babylon?"

Leader. "Threescore and ten."

Last Player. "Can I get there by candle-light?"

L. "Yes, and back again."

L. P. "Then open the gates without more ado. And let the king and his train pass through."

The leader and his next neighbor make an arch by raising the hands, and the line commencing with the last player passes under. The game is repeated with the last player as leader.

FOLLOW THE LEADER.

Grade: Upper Primary, Grammar.

No. of Players: 7 to 60.

Purpose: General exercise; Quickness of observation.

All the players form a line. The leader marches, runs, or takes any gymnastic movement, and each one of the players must repeat his movement exactly. The game is limited by time.

RUSSIAN FILE.

Grade: Upper Primary, Grammar.

No. of Players: 7 to 60.

Purpose: General exercise; Alertness.

Apparatus: Goals one less than the number of players.

Arrange the players half in the aisle to the left of the central one, half in the aisle to the right of it, with the backs of those in one aisle toward the backs of those in the other, each person standing by a desk or in the space between desks. The place in which each player stands is called a goal. One person is chosen to be leader. He runs down the middle aisle touching two or more players on the back. These immediately follow him and repeat his motions. The movements should be gymnastic ones, such as jumping and arm extensions. The leader and his followers repeatedly run through the middle aisle, and each touches one or more players. This continues until all are following. After a time the leader calls, "Goals!" and each player tries to reach a goal. The one who fails is now leader. The game can be played in a hall or gymnasium by placing stools or chairs, one less than the number of players, in two rows, with a space between the rows. The players sit on the stools, forming two lines back to back. The game is played as between desks, except, when "Goals!" is called, the players sit on the stools, and the one left standing is next leader.

STEPS.

Grade : All.

No. of Players : 10 to 30.

Purpose : March ; Self-control.

Apparatus : Chalk.

The players are drawn up in line, each one equally distant from some object, as a wall, or from a line drawn on the floor. One player stands in front of the others, facing them, closes his eyes and counts ten aloud, then instantly opens his eyes. While his eyes are closed, the players may run, walk, or move toward the goal in any way, but before his eyes are open they must stop, and he may send all he sees moving back to the starting line. The players win in the order in which they reach the goal.

STATUES.

Grade : Grammar, High.

No. of Players : 10 to 30.

Purpose : Run ; Alertness.

Apparatus : Jumping standard ; Gong ; Whistle ; Chalk.

Draw a line across one end of the room. At the other end hang a gong on a jumping standard. One is chosen to be it, and stands in the middle of the room with his back to the other players, who stand on the chalk line. The one who is it blows a whistle. While he is blowing, he must look di-

rectly to the front, and the other players may move as rapidly as possible toward the gong. He may deceive them by pretending that he is about to blow the whistle, and then turn suddenly. When he turns, all who are moving he sends back to the starting line. The one who is it changes his position so that he is always in front of the other players. Each player, as he is able, moves up to the gong, and strikes it to show that he has succeeded.

CALL TAG.

Grade: Primary, Grammar.

No. of Players: 10 to 60.

Purpose: March; Alertness; Balance.

One player, A, is chosen to be it. The others form a file. A turns his back, and counts aloud to ten. As soon as he begins to count, the file walks forward. When A calls, "Ten!" the players stop instantly, in whatever position they may be; and A turns rapidly, and calls to any one who is moving, as for instance B, "Tag B!" B is then it. If A can tag no one at once, he must turn and count again. Should A forget to say tag before B's name, B may call, "Forfeit!" and keep his place. The game may be varied by having the players march with hands in rest position and the heels raised. A monitor is placed at the head of each file, and a little to the right of it, with his back to the file. The teacher counts slowly. The players

must march until he calls, "Halt!" Then the monitors whirl suddenly, and tag as before. The march may also be started with the word, "March!" and, with no counting, ended at the command, "Halt!" With older pupils rapid counting increases the difficulty.

DUCK ON THE ROCK.

Grade: Grammar.

No. of Players: 10 to 20.

Purpose: General exercise; Alertness.

Apparatus: *Out-of-doors*, — Boulder; Large stone; Stones size of fist for each player.

Indoors, — Indian club; Bean bag for each player.

A large stone, the duck, is placed on a boulder; and one player, the drake, stands to guard it. A line is drawn 20 to 30 feet from the boulder. Here each player stands in turn, and throws his stone at the duck, and tries to knock it off the rock. If he does not succeed, he stands near his stone, ready to pick it up, and run to the starting line to throw again. The drake can tag him at any time when the duck is on the rock, if he lifts his stone; but, if a player knocks the duck off, all can run to the starting line while the drake is replacing it. The one who is tagged becomes drake. The game can be played in the gymnasium by using an Indian club instead of a boulder, and placing a bean bag on

its top for the duck. The players have bean bags instead of stones, and try to knock over the Indian club, so that the bag will fall off.

ALL UP.

Grade : All.

No. of Players : 6 to 100.

Purpose : General exercise ; Speed ; Self-control.

Apparatus : Six Indian clubs or tenpins ; Chalk.

If played in a school-room, draw four circles near the front of the room, and mark three crosses in each circle. Place the clubs on the crosses in the outer circle on each side. Arrange the players in two files at the back of the room. The outer aisle on either side is used by the runners, whose starting points are marked by chalked lines. A player on each side stands with his toe on the starting line. At the signal, "Start!" he runs to the outer circle on his side, and carries the clubs one at a time to the inner circle, and places them on the crosses. When all the pins are placed in an upright position, he returns to the end of his file by the centre aisle. The player who reaches a given point in his file first, scores one for his side. The next two runners return the clubs to the outer circles, and the game continues until all have had a chance to run. The side scoring the greatest number of points wins the game. If there is a large number of players, several circles may be

drawn, and the players stand in several files. The game can be played in a gymnasium or out of doors.

HANGING CATS.

Grade : Grammar, High.

No. of Players : 10 to 60.

Purpose : Heave movement; Alertness.

Apparatus : Gymnastic apparatus.

One is chosen to be it. He chases the other players, and tries to tag some one. The players cannot be tagged while hanging from a piece of apparatus so that their feet do not touch the floor. Whoever is tagged is it. When the number of players is large, the first one tagged may sit down and the second one tagged be it.

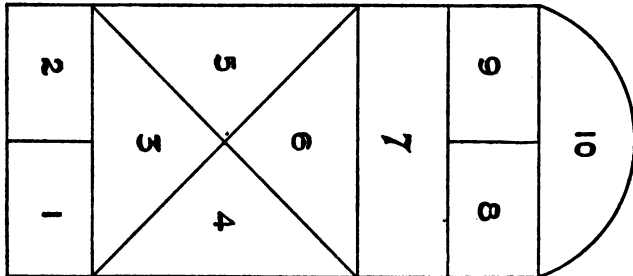
HOP SCOTCH.

Grade : Upper Primary, Grammar.

No. of Players : 5 to 10.

Purpose : General exercise; Skill.

Apparatus : Chalk; Small flat stone.



A figure like the above is drawn on the floor or on the earth, and also a line a few feet from its base line. One player stands on this line, and tosses the stone into division 1, then hops into 1 and kicks the stone out. It is then thrown into 2. The player jumps, resting one foot in 1 and one in 2, then hops and kicks the stone from 2 into 1 and then out. So he continues until 10 is reached. He straddles the line between 1 and 2, 4 and 5, and 8 and 9; in all other places he hops directly into the court. If the player fails to throw the stone into the right division or to kick it into the right one or leaves it on the line, he is out, and the next player takes his turn. The game may be played without straddling any lines, or the player may be allowed to place the stone on his foot and expel it at once from any division.

I SPY.

Grade : Upper Primary, Grammar.

No. of Players : 10 to 60.

Purpose : Run ; Alertness.

Apparatus : Object for goal.

Some object is chosen as goal. The last one to touch the goal is it. He closes his eyes and counts one hundred or any number previously agreed upon. Then he calls, "Coming!" Meantime all the players have hidden. The one who is it sets out to find them. If he sees a player, as

John, he calls, "I spy John!" and tries to touch the goal before John. The players who are hidden may run in at any time while the one who is it is far enough from the goal. They must touch the goal, and call, "One, two, three, free!" before they are safe. The first player caught hides his eyes in the next game, but each game is continued until all are caught or have touched the goal.

YARDS OFF.

Grade: Primary, Grammar.

No. of Players: 5 to 20.

Purpose: Run; Alertness; Speed.

Apparatus: Object for goal; Stick.

Some object is chosen for a goal, on or against which a stick is laid. One player is it. Another throws the stick as far from the goal as he can. The one who is it returns the stick to the goal as quickly as possible. Meantime all the players hide. When the stick is in its place, the one who is it hunts for the other players. If he sees one, he calls, "I spy," and the player's name, and runs to touch the goal. If any player can run from his hiding place to the goal before the one who is it can touch the goal, he may throw the stick away. This frees all who have been caught, and they hide again while the stick is being replaced. The last one caught is it.

HARE AND HOUNDS.

Grade: Grammar, High.

No. of Players: 10 to 60.

Purpose: Run; Observation; Endurance.

Apparatus: Three canvas bags; Paper torn small.

Two or three good runners are chosen to be hares. A general course is planned from three miles upward, depending on the endurance of the players. The hares are given ten minutes' start. They drop paper to mark their trail. The trail should be difficult to follow, should double on itself, and take unexpected turns across streams, ditches, and fences. After ten minutes the other players, the hounds, start. They scatter to find the scent. When one has found it, he calls, and they all set out in his direction. When the scent is lost, the pack scatters again until some one finds the trail. The object of the hounds is to be in at the finish, that of the hares to go over the course without being overtaken.

**MISCELLANEOUS AND QUIET
GAMES.**

PASSING CLOTHES-PINS.

Grade : All.

No. of Players : 12 to 60.

Purpose : Dexterity ; Alertness.

Apparatus : One to twelve clothes-pins.

I.

After a march around the room, form a circle or square facing the desks and chairs. The object of the game is to pass a clothes-pin from one child to the next, so as to reach a given point in the circle in the shortest time possible. The leader passes one clothes-pin, and immediately starts another, which is to try to overtake the first one before it reaches the leader. Calling one cat and the other mouse, or one fox and the other hound, adds to the pleasure.

II.

The leader starts two clothes-pins, one to the left and one to the right. The object is to be first in reaching the point directly opposite the leader. The side which succeeds scores one. Children in the upper primary grades may pass two or more clothes-pins at once. The half of the circle wins which has the highest score.

III.

Form two lines. At a given signal the leader of each line passes six clothes-pins to the player beside

him. They are passed quickly down the line, each player taking them in his hands. The line which passes them to the end first, scores a point. If a clothes-pin is dropped, the one who dropped it must let fall all he has in his hands, gather them all up, and continue the passing. They are returned in the same way, and the score is counted in each direction. The game may be varied by passing them in both directions before scoring. In this case the one at the end drops all the pins, and picks them up before returning them. Bean bags may be used instead of clothes-pins, or the game may be played at the seats, when six books are placed on the first desk at the right of each row and passed one at a time to the end of the row at the left, and then back again. If played standing, each one may be required to place his right hand on his neighbor's shoulder and use only his left hand.

DUCKS FLY.

Grade : Primary.

No. of Players : 10 to 60.

Purpose : Heave movement ; Alertness.

The players may stand in the aisles or sit at the desks. Standing is preferred. The one who is it faces the class, and says, "Ducks fly!" and raises his arms to represent flying. The others must imitate him as long as he mentions animals that can fly. If he names an animal that cannot, and says

for instance, "Cats fly!" any child who makes a movement must pay a forfeit.

GRAND MUFTI.

Grade: Primary.

No. of Players: 10 to 60.

Purpose: Alertness.

The players form a circle. The teacher stands in the centre as Grand Mufti. He makes some movement, and says, "Thus says the Grand Mufti," when all the players must imitate his movements. If he says, "So says the Grand Mufti," no one must move. Whoever moves, either pays a forfeit or sits down.

THANKSGIVING DINNER.

Grade: Primary, Grammar.

No. of Players: 10 to 60.

Purpose: Alertness.

Some one is chosen to tell the story. He gives each player the name of something to be eaten at a Thanksgiving dinner. The players stand in the aisles between the desks, while the one who is it tells a story about Thanksgiving Day. When any player hears his name mentioned, he must turn about once in his place. For instance, if the storyteller should say, "The large turkey was put into the oven," all who are named turkey must turn. When the words "Thanksgiving dinner" are used,

all must turn. This game may be adapted to other holidays. If the children are young, the teacher had best tell the story.

STAGE-COACH.

Grade : Grammar, High.

No. of Players : 10 to 60.

Purpose : Alertness.

Apparatus : Chairs.

The chairs are arranged in a circle; the one who is it stands in the centre. If the game is played at the desks, he stands in front of the class. He names each player. If the number is large, groups of five may have the same name. The names given must be parts of a stage-coach or its contents, or they may be the horses and their harness, as springs, door, old lady, parrot, white horse. When the players are named, the one who is it tells a story about a ride in a stage-coach. Each time the word "stage-coach" is mentioned, all must rise, and turn once in their places. When the name of any player or group of players comes into the story, he must turn. For instance, if "The driver cracked his whip" be said, all the whips must rise, and turn. The story ends with the words, "The stage-coach upset." Then all the players change seats. The one who is it tries to secure a chair. Whoever is left standing must tell the next story.

FRUIT BASKET.

Grade : Grammar, High.

No. of Players : 10 to 60.

Purpose : Alertness.

Apparatus : Chairs one less than the number of players.

The players sit in a circle. One is chosen to tell the story. He stands in the centre of the circle, and gives each player the name of a fruit. Then he tells a story, bringing in these names. All rise, and turn when the words "fruit basket" are heard. Each player turns when he hears his name. The story is ended by the words, "The fruit basket upset." Immediately all the players must change seats, and the one in the centre tries to secure a chair. Whoever is left standing tells the next story.

BLIND MAN'S BUFF WITH A WAND.

Grade : Upper Primary, Grammar, High.

No. of Players : 10 to 30.

Purpose : Keenness of perception ; Self-control.

Apparatus : Handkerchief ; Cane.

One player is blindfolded, and given a stick. The other players join hands, and dance around him until he taps the floor three times with the stick. Immediately all stop. Then he points the stick at some one, who must take the end, and

answer any three questions that he may ask. The player may disguise his voice in answering. If the one in the centre can guess who it is, the two players change places.

MUSICAL INSTRUMENTS.

Grade : Grammar, High.

No. of Players : 10 to 30.

Purpose : Alertness.

The players form a circle, sitting on the floor or on chairs, and are the orchestra, each one choosing the instrument on which he will play. One is conductor, and stands in the centre. A tune is decided upon. The conductor beats time, while all the players hum the tune, each making it sound as much like his chosen instrument as possible, and imitating the motions used in playing it. The conductor suddenly turns to some player, and says, "What is the matter with your instrument? 1, 2, 3, 4, 5!" The one questioned must begin his reply before the conductor counts five, and it must be appropriate for his instrument. If he has a violin, he may say, "I have broken a string." If he is not quick enough in replying or if he says something is the matter with his instrument that cannot be, as of a violin, "The reed is lost," he must change places with the conductor. The conductor may clap his hands at any time, when the music must stop instantly. Any one failing to stop becomes con-

ductor. The music never stops except when the leader claps his hands. The person who fails may pay a forfeit, and the same conductor continue throughout the game, if preferred.

HUNT THE KEY.

Grade : Upper Primary, Grammar.

No. of Players : 10 to 30.

Purpose : Alertness.

Apparatus : Twine ; Key.

A key is hung on a long piece of twine. The players form a ring, and hold the twine. One stands in the centre. The others keep their hands constantly in motion, and pass the key back and forth. The one in the centre tries to discover who has the key. The players may occasionally whistle on the key to show where it is. When a player is caught with the key in his hands, he takes the place in the centre.

HUNT THE SLIPPER.

Grade : Primary.

No. of Players : 10 to 30.

Purpose : Alertness.

Apparatus : Slipper.

The players sit on the floor in a circle, with the knees raised, and the girls well scattered among the boys, that their dresses may hide the slipper. One is chosen to be it, and runs around the outside of

the circle trying to tag the person who has the slipper. The slipper is passed quickly from one to another under the knees. It may sometimes be thrown across the circle if hidden at once. When far enough away from the one who is it, it may be struck three times upon the floor to show where it is. The one caught with the slipper is it.

BEAST, BIRD, AND FISH.

Grade: Upper Primary, Grammar, High.

No. of Players: 10 to 30.

Purpose: Alertness.

Apparatus: Handkerchief.

The players stand or sit in a circle. One takes the knotted handkerchief, and throws it at another player, calling either "Beast" or "Bird" or "Fish," and commencing at once to count aloud to ten. The one at whom the handkerchief is thrown must name an animal of the right division before the player says, "Ten!" For instance, if A throws the handkerchief to B, and says, "Fish! one, two, . . . ten!" and B says, "Cod" before A has counted ten, B takes the handkerchief, and tosses it at another player. But, if he is too late in saying his word, or if he names an animal of the wrong division, he must pay a forfeit. The game may be played without forfeits. In this case the player who counts continues throwing until some one fails. The one who fails then takes the handkerchief.

NOT I, SIR.

Grade : Grammar.

No. of Players : 10 to 20.

Purpose : Alertness.

The players stand in line, and are numbered in order. One is chosen to be teacher. He turns to one of his class, and this conversation takes place:—

Teacher. "I heard something about you, No. 2, sir."

Pupil. "What, sir, me, sir?"

T. "Yes, sir, you, sir."

P. "Not I, sir."

T. "Who, then, sir?"

P. "No. 5, sir."

T. "No. 5 to the foot."

No. 5 must go to the foot of the class unless he can say, "What, sir, me, sir?" before the teacher says, "No. 5 to the foot." If he succeeds, he keeps his place, and the teacher addresses another pupil. The object of the game is to be head of the class.

HUCKLE BUCKLE BEAN STALK.

Grade : Primary, Grammar.

No. of Players : 10 to 60.

Purpose : Quickness of perception ; Self-control.

Apparatus : Thimble.

One person is chosen to hide the thimble. All the other players close their eyes or go out of the

room. The one who is it places the thimble where it can be seen and yet is not likely to be noticed. The other players are then called to hunt for it. As each one sees it, he must sit down, and must not show by his manner where it is. The game may be varied by putting the thimble out of sight. Then the one who is it tells the players who are near the thimble that they are "hot," and those that are far off that they are "cold." Or music may be played louder when some one is near, softer when all are far away from the thimble.

OBSERVATION.

Grade : Upper Primary, Grammar, High.

No. of Players : 10 to 30.

Purpose : Acuteness of observation.

Apparatus : Twenty objects ; Paper and pencils.

Twenty objects are placed on a table. Each player in turn is allowed to look at them one-half minute. He then goes to a seat from which the table cannot be seen, and writes down all he can remember. The one writing the greatest number correctly wins the game.

